NUTRITION RESOURCES

Food Safety

This list contains online resources for food safety. Resources are listed by main category. Many Web sites contain information on multiple content areas. For more content areas related to food and nutrition, see the Connecticut State Department of Education's (CSDE) other resource lists on the Resources for School Nutrition Programs Web page. The CSDE updates these lists regularly.

Quick Tips: Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

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For more information, visit the CSDE's Nutrition Education Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

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Food Recalls and Alerts

Food Recalls and Alerts

Food Recalls. Government sponsored online resource for food recalls. http://www.recalls.gov/

Food Recalls and Alerts. U.S. Department of Health and Human Services. http://www.foodsafety.gov/recalls/index.html

Food Safety Education

Food Safety Education

- Be Food Safe: 10 Tips to Reduce the Risk of Foodborne Illness. U.S. Department of Agriculture, DG TipSheet No. 23, October 2012. http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet23BeFoodSafe.pdf
- Education and Training Materials Database. Food Safety Information Research Office, U.S. Department of Agriculture. Regularly updated database of consumer and food worker educational materials, including computer software, audiovisuals, posters, games and teaching guides for elementary and secondary school education; training materials for the management and workers of retail food markets, food service establishments and institutions; educational research and more. http://fsrio.nal.usda.gov/nal_web/fsrio/fseddb/fseddbsearch.php
- Fight BACTM Campaign. The Partnership for Food Safety Education. Lots of resources, lessons for kids, etc. to help implement this national campaign to educate the public about safe food handling. http://www.fightbac.org/
- Food Safety. Healthy Meals Resource System, U.S. Department of Agriculture. Links to information and resources. http://healthymeals.nal.usda.gov/resource-library/food-safety
- Food Safety Bulletin Board Resources. Healthy Meals Resource System, U.S. Department of Agriculture. http://healthymeals.nal.usda.gov/resource-library/bulletin-board-resources/food-safety-bulletin-board-resources
- Food Safety Education. Iowa State University. Lessons and videos on food safety topics. http://www.extension.iastate.edu/foodsafety/
- Food Safety Education. Food Safety and Inspection Service, U.S. Department of Agriculture. http://www.fsis.usda.gov/Food_Safety_Education/index.asp
- Food Safety Education in Spanish. Food Safety and Inspection Service, U.S. Department of Agriculture.. http://www.fsis.usda.gov/En_Espanol/index.asp
- Food Safety Education Images. Food Safety and Inspection Service, U.S. Department of Agriculture. http://www.fsis.usda.gov/Be_FoodSafe/BFS_Photo_Gallery/index.asp
- Food Safety Educational Materials Database. U.S. Department of Agriculture. A compilation of consumer and food worker educational materials developed by universities, private industry and local, state and federal agencies. Includes computer software, audiovisuals, posters, games and teaching guides for elementary and secondary school education; training materials for the management and workers of retail food markets, food service establishments and institutions; educational research and more. http://foodsafety.nal.usda.gov/fsic/fseddb/fseddbsearch.php
- Food Safety Fact Sheets. Food Safety and Inspection Service, U.S. Department of Agriculture. http://www.fsis.usda.gov/fact_sheets/index.asp?src_location=content&src_page=FSEd
- Integrated Food Safety Information Delivery System. Food and Consumer Safety Bureau of the Iowa Department of Inspections and Appeals. Contains food safety fact sheets covering common topics dealing with day-to-day food establishment operations, such as proper hand washing techniques, use of a three-compartment sink and hot and cold holding temperatures. The site also contains ready-to-use signs in PDF format and materials available in multiple languages. http://www.profoodsafety.org/
- Food Safety: What You Don't Know CAN Hurt You! (PowerPoint Presentation). University of Nebraska Lincoln Extension, 2007. Addresses 10 common consumer food safety myths. http://food.unl.edu/web/safety/whatyoudontknow

Food Safety Education for Children

Food Safety Education for Children

Food Safety Coloring Book. U.S. Department of Agriculture, Food Safety and Inspection Service. http://www.fsis.usda.gov/PDF/Mobile_Coloring_Book.pdf

Food Safety Education for Kids & Tweens. U.S. Department of Agriculture, Food Safety and Inspection Service. http://www.fsis.usda.gov/food_safety_education/for_kids_&_teens/index.asp

Food Safety Games and Activities. Healthy Meals Resource System, U.S. Department of Agriculture, Healthy School Meals Resource System. http://healthymeals.nal.usda.gov/resource-library/food-safety/games-and-activities

Food Safety Music. University of California, Davis. For fun food safety education. Click on "Food Safety Music" on left scroll bar. http://foodsafe.ucdavis.edu/

For Kids. Food and Drug Administration. http://www.fda.gov/oc/opacom/kids/default.htm

Kids & Teens Food Safety & Nutrition Information. U.S. Food and Drug Administration. http://www.fda.gov/Food/ResourcesForYou/Consumers/KidsTeens/default.htm

Food Safety Resources for Child Care

Food Safety Resources for Child Care

- Child Care Centers Fight Bac! Poster. U.S. Department of Agriculture, 2001. Illustrates Fight Bac's four simple messages for food safety: clean, separate, chill and cook.
 - http://www.foodsafeschools.org/FSAG_CD/Resources/FSIS/FightBAC/BAC_childcare_POSTER.pdf
- Child Care Mini Posters on Food Safety and Sanitation. U.S. Department of Agriculture, 2004. Ten colorful 8 1/2" x 11" laminated mini-posters for use in child care centers with English on one side and Spanish on the reverse. Topics include hand washing; meat, poultry and fish safety; cross contamination; grocery shopping tips; safe handling of baby food; breast milk; bottle feeding; diaper changing tips; and safe temperature for foods. http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=45
- Food Safety Self-Inspection for Child-Care Facilities. University of Nebraska Cooperative Extension. http://www.canr.uconn.edu/ces/child/newsarticles/CS512.html
- Food Safety Resources. Healthy Meals Resource System, U.S. Department of Agriculture. http://healthymeals.nal.usda.gov/resource-library/food-safety
- From the Trainer's Tablet: Lessons for Family/Home Child Care Providers Food Safety in Child Care. National Food Service Management Institute, 2003. http://www.nfsmi.org/ResourceOverview.aspx?ID=79
- Keepings Kids Safe: A Guide for Safe Food Handling & Sanitation for Child Care Providers. U.S. Department of Agriculture, Revised Spring 2000. Quick and easy reference on food safety and sanitation. http://teamnutrition.usda.gov/resources/appendj.pdf
- Practice the Basics of Food Safety to Prevent Foodborne Illness. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program. U.S. Department of Agriculture, December 2012. http://www.teamnutrition.usda.gov/Resources/nutritionandwellness/foodsafety.pdf
- Safe Food for Children: Preventing Foodborne Illness in Child Care Centers and Family Child Care Homes. Washington State University, 2002. http://cru.cahe.wsu.edu/CEPublications/eb1868/eb1868.pdf

Food Safety Resources for Schools

Food Safety Resources for Schools

- A Biosecurity Checklist for School Foodservice Programs: Developing A Biosecurity Management Plan. U.S. Department of Agriculture, 2003, Revised 2004. http://healthymeals.nal.usda.gov/hsmrs/biosecurity.pdf
- Eating Safely at School: What Education Policymakers Need to Know and Do to Prevent and Respond to Food-Related Illness in School. National School Boards Association, 2008.
 - http://www.ped.state.nm.us/nutrition/dl08/foodSafety/Eating%20safely%20at%20School.pdf
- Food-Safe Schools Action Guide Kit. Centers for Disease Control and Prevention and National Coalition for Food-Safe Schools, 2005. Helps schools identify gaps in food safety and develop an action plan for becoming food-safe. Includes PowerPoint presentation and materials in Spanish. http://www.foodsafeschools.org/index.htm
- Food Safety Mini Posters. U.S. Department of Agriculture, 2000. Fourteen colorful 8 1/2" x 11" laminated mini-posters with English on one side and Spanish on the reverse, designed for use in food preparation and service areas. Topics include hand washing, personal appearance and hygiene, storage, temperatures and preparation. http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=74
- Responding to a Food Recall. National Food Service Management Institute, 2002. Materials designed for foodservice directors and managers to reference when a food recall notice for a USDA commodity food is issued through USDA/FNS or a food recall notice is issued for a purchased food by the manufacturer or responsible government entity. http://www.nfsmi.org/DocumentDownload.aspx?id=3683
- Schools Fight Bac! Poster. U.S. Department of Agriculture, 2001. http://healthymeals.nal.usda.gov/hsmrs/Food_Safety_BAC_Poster_School.pdf
- Serving It Safe. National Food Service Management Institute, Revised 2009. A comprehensive food service safety and sanitation training package for schools. Contains a teacher's manual, teaching aids, case studies and group activities. A colorful poster summarizes key points and interactive training is also included on CD-ROM and diskettes. http://www.fns.usda.gov/tn/Resources/serving_safe.html

Food Thermometers

Food Thermometers

- Care Connection Food Safety Grab and Go Lesson: How to Use a Metal-Stem Thermometer. National Food Service Management Institute, 2005. http://www.nfsmi.org/DocumentDownload.aspx?id=2992
- Kitchen Thermometers. U.S. Department of Agriculture, Food Safety and Inspection Service, Revised June 2008. http://www.fsis.usda.gov/PDF/Kitchen_Thermometers.pdf
- Pass the Taste Test...Use a Thermometer! University of Nebraska, 2004. http://liferaydemo.unl.edu/c/document_library/get_file?uuid=c879a098-ae15-4758-9d2e-52f8aeb4d190&groupId=4089449
- Thermometer Calibration Guide. Kansas State University, 2000. http://www.ksre.ksu.edu/library/fntr2/mf2440.pdf
- Thermometer Calibration Log. National Food Service Management Institute. http://sop.nfsmi.org/Records/ThermometerCalibrationLog.pdf
- Thermometer Information Resource. National Food Service Management Institute, 2005. Lessons and resources which focus on the importance of consistently using thermometers in Child Nutrition Programs. http://nfsmi.org/ResourceOverview.aspx?ID=113
- Thermy Temperature Rules! Brochures, Images and Posters. U.S. Department of Agriculture. Proper cooking temperatures for food safety. http://www.fsis.usda.gov/News_&_Events/Thermy_Image_Library/index.asp
- Use That Thermometer Mini Poster. U.S. Department of Agriculture and National Food Service Management Institute, 2000. English http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080212102659.pdf and Spanish http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080212102827.pdf

Foodborne Diseases

Foodborne Diseases

A-Z Index for Foodborne Illness. Centers for Disease Control and Prevention. http://www.cdc.gov/foodsafety/diseases/

Basic Facts About Microorganisms (Chapter 3 of Serving It Safe). National Food Service Management Institute, 2009. http://www.fns.usda.gov/tn/Resources/serving_safe.html

Foodborne Diseases. National Institute of Allergy and Infectious Diseases, National Institute of Health. http://www.niaid.nih.gov/topics/foodborne/pages/default.aspx

Foodborne Illness. Centers for Disease Control and Prevention. http://www.cdc.gov/nczved/divisions/dfbmd/diseases/foodborne_infections/

Foodborne Illness and Disease Fact Sheets. U.S. Department of Agriculture, Food Safety and Inspection Service. http://www.fsis.usda.gov/fact_sheets/Foodborne_Illness_&_Disease_Fact_Sheets/index.asp

Pathogens and Contaminants. U.S. Department of Agriculture, Food Safety Research Information Office. http://fsrio.nal.usda.gov/pathogens-and-contaminants

General Food Safety Resources

General Food Safety Resources

- Best Practices Guide for Handling Fresh Produce. U.S. Department of Agriculture, 2010. Provides suggestions for purchasing and receiving, washing and preparation, serving and storage. http://www.fns.usda.gov/fns/safety/pdf/best_practices.pdf
- Basics for Handling Food Safely and Cold Storage Chart. U.S. Department of Agriculture, Food Safety and Inspection Service; 2006. http://www.fsis.usda.gov/fact_sheets/basics_for_handling_food_safely/index.asp
- Consumer Health Information. Food and Drug Administration. http://www.fda.gov/consumer/default.htm
- Fight Bac Safe Food Handling: The Core Four Practices. Partnership for Food Safety Education. Fact sheets summarizing clean, separate, cook and chill. http://www.fightbac.org/safe-food-handling
- Food and Drug Administration. Food safety information and resources. http://www.fda.gov/Food/Food/afety/default.htm
- Food Code. Food and Drug Administration. A model that assists food control jurisdictions at all levels of government by providing them with a scientifically sound technical and legal basis for regulating the retail and food service segment of the industry. http://www.fda.gov/food/foodsafety/retailfoodprotection/foodcode/default.htm
- Food Preparation and Handling. U.S. Department of Agriculture, Food Safety Information Center. http://fsrio.nal.usda.gov/nal_display/index.php?info_center=1&tax_level=1&tax_subject=615
- Food Safety. Centers for Disease Control and Prevention. http://www.cdc.gov/foodsafety/
- Food Safety. Healthy Meals Resource System, U.S. Department of Agriculture. http://healthymeals.nal.usda.gov/resource-library/food-safety
- Food Safety. Medline Plus. http://www.nlm.nih.gov/medlineplus/foodsafety.html
- Food Safety. Penn State University. http://extension.psu.edu/food-safety
- Food Safety Information by Types of Food. U.S. Department of Health and Human Services. The latest tips and techniques to keep foods safe and prevent foodborne illness. Information is provided for meat, turkey, chicken, seafood, eggs and egg products, milk cheese and dairy, fresh fruits and vegetables and juices, nuts, grains and beans and baby food and infant formula. http://www.foodsafety.gov/keep/types/index.html
- Food Safety Mini-Posters. National Food Service Management Institute. Fourteen Food Safety mini-posters in English on one side and Spanish on the other. Topics include hand washing, thermometers, the Danger Zone and other food safely topics. http://www.olemiss.edu/depts/nfsmi/Information/postindx.htm
- Food Safety Table Tents. University of Nebraska Cooperative Extension. Six table tents on food safety, including. The Thaw Law (safe thawing of meat); More Than 2 Is Bad For You (bacterial growth at room temperatures); Keep It Cold! (refrigerator/freezer temperatures); The Peel Deal (refrigerating peeled/cut fresh produce); Health is in Your Hands (handwashing); and The Cool Rule (cooling food in shallow containers). http://lancaster.unl.edu/food/tabletents.pdf
- Freezer Storage Chart. U.S. Department of Agriculture, Food Safety and Inspection Service, 2010. http://www.fsis.usda.gov/FactSheets/Focus_On_Freezing/index.asp#19
- Freezing and Food Safety. U.S. Department of Agriculture, Food Safety and Inspection Service, October 2005. http://www.fsis.usda.gov/FactSheets/Focus_On_Freezing/index.asp#12
- Government Food Safety Resources. http://www.foodsafety.gov/
- Kansas State University. Includes food safety tips, fact sheets and newsletter and links to other food safety sites. http://www.ksre.ksu.edu/FoodSafety/p.aspx?tabid=1
- Keeping Bag Lunches Safe. U.S. Department of Agriculture, 2012. http://www.fsis.usda.gov/FACTSheets/Keeping_Bag_Lunches_Safe/index.asp
- Meat & Poultry Hotline. U.S. Department of Agriculture, Food Safety and Inspection Service. http://www.fsis.usda.gov/Food_Safety_Education/usda_meat_&_poultry_hotline/index.asp
- National Restaurant Association. Includes information on the hospitality industry, including news, consumer trends, "talk papers" (basic summaries representing current information and opinion on several issues of interest to the foodservice industry) and foodservice training and certification. http://www.restaurant.org
- Penn State Food Safety Web Site. Farm-to-fork approach for quick retrieval of food safety information pertaining to the entire food system. http://foodsafety.cas.psu.edu

General Food Safety Resources

- Produce Safety. U.S. Department of Agriculture. Fact sheets, information, resources, videos, presentations and webinars on safe handling of fresh produce. http://www.fns.usda.gov/food-safety/produce-safety-resources
- Safe Food Handling Factsheets. U.S. Department of Agriculture, Food Safety and Inspection Service. Consumer-based handouts on a wide variety of food safety topics. http://www.fsis.usda.gov/Fact_Sheets/Safe_Food_Handling_Fact_Sheets/
- Safe Food in Connecticut. University of Connecticut College of Agriculture and Natural Resources. Information and resources, including fact sheets on food safety, food safety in the news and ask the experts. http://foodsafety.uconn.edu/
- Still Tasty. Information on shelf life and storage of foods and beverages. http://www.stilltasty.com/
- USDA Food Safety and Inspection Service (FSIS). Includes food safety news updates, consumer education and information and publications. http://www.fsis.usda.gov/Home/index.asp
- USDA Food Safety Research Information Office. Database of food safety research projects with detailed information on food safety research projects, spending and accomplishments by U.S. Federal agencies, along with links to other important food safety research information. http://fsrio.nal.usda.gov/

HACCP

HACCP

- Developing a School Food Safety Program. National Food Service Management Institute, 2006. Incorporates the principles of HACCP into a streamlined, practical system that can be applied to school food service operations. http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=57
- Guidance for School Food Authorities: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles. U.S. Department of Agriculture, 2005. http://www.fns.usda.gov/fns/safety/pdf/HACCPGuidance.pdf
- Hazard Analysis Critical Control Point (HACCP). Healthy School Meals Resource System, U.S. Department of Agriculture. http://healthymeals.nal.usda.gov/resource-library/food-safety/hazard-analysis-critical-control-points-haccp
- HACCP. U.S. Food and Drug Administration. http://www.fda.gov/Food/Food/Safety/HazardAnalysisCriticalControlPointsHACCP/default.htm
- HACCP-Based Standard Operating Procedures (SOPs). National Food Service Management Institute, 2005. Written practices and procedures for producing safe food. Developed by the National Food Service Management Institute (NFSMI) in conjunction with USDA and FDA. http://sop.nfsmi.org/HACCPBasedSOPs.php
- Introduction to Hazard Analysis and Critical Control Point (HACCP) (Chapter 6 of Serving It Safe). National Food Service Management Institute, 2009. http://www.fns.usda.gov/tn/Resources/serving_safe.html
- Managing Food Safety: A Manual for the Voluntary Use of HACCP Principles for Operators of Food Service and Retail Establishments. Food and Drug Administration, April 2006. http://www.cfsan.fda.gov/~dms/hret2toc.html

Hand Washing

Hand Washing

Hand Washing Mini Poster. U.S. Department of Agriculture and National Food Service Management Institute, 2004. http://nfsmi-web01.nfsmi.olemiss.edu/DocumentDownload.aspx?id=120

Hand Washing Resources. Healthy Meals Resource System, U.S. Department of Agriculture. http://healthymeals.nal.usda.gov/resource-library/food-safety/hand-washing

Wash Your Hands! University of Nebraska, Lincoln, Extension. English/Spanish hand washing poster for adults and youth and hand washing activity sheet for younger children. http://food.unl.edu/web/safety/handwashing

Regulations and Guidelines

Regulations and Guidelines

- Compliance Guide for Food Service Inspection Form. State of Connecticut State Department of Public Health, 2001. http://www.ct.gov/dph/lib/dph/environmental_health/food_protection/pdf/compliance.pdf
- Connecticut Department of Public Health Food Protection Program. Information on Connecticut's food protection regulations and Qualified Food Operator (QFO) requirement and resources on sanitation and food safety. http://www.ct.gov/dph/cwp/view.asp?a=3140&q=387486
- Connecticut Department of Public Health Public Health Code. http://www.ct.gov/dph/cwp/view.asp?a=3118&q=425790
- Connecticut Inspection Report for Food Service Establishments. Connecticut Department of Public Health. http://www.ct.gov/dph/lib/dph/environmental_health/food_protection/pdf/inspection_form.pdf
- Food Code. Food and Drug Administration. A model that assists food control jurisdictions at all levels of government by providing them with a scientifically sound technical and legal basis for regulating the retail and food service segment of the industry. http://www.fda.gov/food/foodsafety/retailfoodprotection/foodcode/default.htm
- NSF International. NSF develops standards, conducts product testing and certification services in the areas of public health safety and protection of the environment. The NSF Mark is placed on millions of consumer, commercial and industrial products annually and is trusted by users, regulators and manufacturers alike. http://www.nsf.org/
- Qualified Food Operator Approved Testing Organizations. Connecticut Department of Public Health. http://www.ct.gov/dph/cwp/view.asp?a=3140&q=387482
- Qualified Food Operator Responsibilities. Connecticut Department of Public Health. http://www.ct.gov/dph/lib/dph/environmental_health/food_protection/pdf/qfo_responsibilities.pdf
- Responsibilities of Child Nutrition Programs Regarding Connecticut's Qualified Food Operator (QFO) Requirement Connecticut State Department of Education, 2011. http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/QFO_Handout.pdf
- Regulations of Connecticut State Agencies Section 19-13-B42, Sanitation of Places Dispensing Foods or Beverages. http://www.dir.ct.gov/dph/PHC/docs/19_Sanitation_of_Food_Fair.doc